

## Shut Up & Hold On

32 Count, 4 Wall, Improver

Choreographer: Paula Frohn & Ed Evangelista (USA)

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Choreographed to: Shut Up And Hold On by Toby Keith

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Dance starts on vocals (after 32 counts)

### 1-8 SYNCOPATED ROCKING CHAIRS, SHUFFLE FORWARD, REPEAT OPPOSITE FOOTWORK

- 1&2& Rock RF forward, replace on LF, rock back RF, replace on LF  
3&4 Shuffle forward R-L-R  
5&6& Rock LF forward, replace on RF, rock back on LF, replace on RF  
7&8 Shuffle forward L-R-L

**Restart:** After 1st set (facing 3 o'clock), do first 8 counts and Restart

### 9-16 ROLL HIPS WHILE PIVOT ¼ LEFT TWICE, SYNCOPATED ROCKS, STEP FORWARD

- 1-2 Step forward RF, roll hips counter clockwise while pivot ¼ turn left change weight to LF  
3-4 Step forward RF, roll hips counter clockwise while pivot ¼ turn left change weight to LF  
5&6& Cross rock RF in front of LF, replace on LF, rock RF to right side, replace on LF  
7&8 Rock RF back, replace on LF, step forward RF

### 17-24 STOMP FORWARD, HOLD (OPTIONAL ARMS), BODY ROLL, SHUFFLE FORWARD, ROCK FORWARD/REPLACE, ¼ LEFT STEP

- 1-2 Stomp LF forward, hold (optional: extend arms like holding on motorcycle handle bars)  
3&4 Sit & body roll up end weight on LF (optional: roll hips counter clockwise)

**Restart:** After the 3rd set (6 o'clock) only do 20 counts and Restart

- 5&6 Shuffle forward R-L-R  
7&8 Rock L forward, replace weight on RF, turn ¼ left, step LF side

### 25-32 SHUFFLE FORWARD, ROCK FORWARD, REPLACE, COASTER STEP, STOMP, HOLD W/SHOULDER SHRUGS

- 1&2 Shuffle forward R-L-R  
3-4 Rock LF forward, replace on RF  
5&6 Step LF back, RF next to LF, step LF forward  
7&8 Stomp RF forward (Keeping weight on LF), hold  
(optional: shoulder shrug-left shoulder down while right shoulder up then right shoulder down while left should up or hip roll)